

The Rawtarian's Favorite Raw Recipes:

Simple Standbys for Your Raw Food Kitchen

TABLE OF CONTENTS

Breakfast:

1. **Green smoothie** **high-speed blender*
2. **Raw oatmeal** **high-speed blender*
3. **Cashew milk** **high-speed blender*

Lunch:

4. **Mix-with-your-hands salad**

Dinner:

5. **Raw alfredo sauce and noodles** **high-speed blender*
6. **Savory crackers** **food processor and dehydrator*
7. **Raw “tuna” spread** **food processor*
8. **Salty walnut nut pate** **food processor*

Dessert:

9. **Chocolate raspberry chia pudding** **high-speed blender*
10. **5-ingredient chocolate truffles** **food processor*
11. **Strawberry milkshake** **high-speed blender*

Laura-Jane The Rawtarian is a long-time raw fooder who loves to share knowledge and inspire others to try the raw food lifestyle. Subscribe to the [raw recipe newsletter](#) now for more raw food recipes.

This free recipe package is intentionally simple so that it's easy for you to print and refer to in your raw food kitchen!

1. [Green smoothie](#) **high-speed blender*

1 banana – ripe but not yucky

1 apple – chopped and seeds removed

2 cups loosely packed spinach

½ lemon – peeled

1 sprinkle cinnamon

½ cup cold water

Optional: ¼ cup berries, such as strawberries or raspberries AND/OR 1 tablespoon whole flax seeds

Add all ingredients to [high-speed blender](#). When filling the blender, add the soft ingredients first and then add the chunkier ingredients last.

Blend until smooth.

Do not overblend, because when you overblend the smoothie gets warm, and warm smoothies are gross! Try using ice instead of water. It'll keep your smoothie cold.

This is a very inexpensive smoothie to make, and it's a great base. As you become more confident, you will create your own smoothie recipes.

2. Raw oatmeal **high-speed blender*

1 cup raw steel cut oats (or oat groats)

1 apple – chopped and seeds removed

1 ½ cups of water

1 tablespoon raisins

Add all ingredients to high-speed blender, including the raisins. When filling the blender, add the soft ingredients first and then add the chunkier ingredients last.

Blend until very very smooth.

Serve with a sprinkle of cinnamon and some more raisins sprinkled on top.

Serve oatmeal with sliced bananas on top. Bananas are naturally very sweet, and they'll sweeten this oatmeal recipe for you.

The night before you want to eat this, place the steel cut oats, water, and raisins in the blender. Do not blend yet. Let sit overnight. When you're ready to eat, simply chop up the apple, add it to your blender and blend. If soaked overnight the oatmeal will be much creamier!

3. [Cashew milk](#) **high-speed blender*

1 cup cashews

3 cups water

2 tablespoons agave nectar or honey

2 vanilla seeds or 1 tablespoon pure vanilla extract

A tiny tiny tiny splash of almond extract

1 teaspoon cinnamon

1 dash of sea salt

Add all ingredients to high-speed blender.

Blend until very smooth.

This is perfect for storing in the refrigerator like regular milk! It keeps well for a few days.

Serve this with a chopped crisp apple, some raisins, and pumpkin seeds and you've got a delicious raw breakfast cereal!

4. **Mix-with-your-hands salad**

4 cups mesclun (wild baby greens) or spinach

2 tablespoons finely chopped white onion

½ a perfect avocado (don't use a funky avocado – omit if your avocado isn't appealing)

1 tomato

1 tablespoon finely chopped chunky pecans

½ tablespoon extra virgin olive oil

1 teaspoon apple cider vinegar

1 tablespoon nutritional yeast

dash sea salt

Wash your hands and dry them with a clean towel.

Add *all* ingredients to a huge mixing bowl. Don't chop the tomato or avocado. Just squish them into the bowl.

Lightly mix the salad with your hands. Get in there and squish the tomato and avocado with your hands so that they become part of your "salad dressing." Mix very very well, but don't squeeze too hard. Use your hands!! You'll know that you're done mixing when you can no longer recognize any nutritional yeast, tomato, or avocado.

This salad does not keep well. Eat right away.

5. [Raw alfredo sauce and noodles](#) **high-speed blender*

2 cups cashews

½ cup pinenuts (or use ½ cup more cashews if you don't have pinenuts)

1 tablespoon lemon juice

3 cloves garlic

1 ½ cups cold water

1 tablespoon thyme spice

1 teaspoon sea salt

Add all ingredients to high-speed blender. When filling the blender, add the soft ingredients first and then add the chunkier ingredients last.

Blend until very creamy and smooth.

Serve over “noodles:” you can use a clean vegetable peeler (or [spirooli slicer](#)) to slice zucchini into “noodles.” (Do not use cucumber! It doesn't work, it's too watery and it's a big mess.)

Or, even better, buy kelp noodles. Kelp noodles are to die for!!! Kelp noodles take on the flavor of this sauce and they have a wonderful, noodley texture. Kelp noodles are totally raw! For a treat, [order a pack of kelp noodles](#). You'll be in heaven.

6. Savory crackers **food processor and dehydrator*

1 cup sunflower seeds	1 cup chopped onion (red is best but white will do)
1 cup walnuts	3 tablespoons whole flaxseeds
1 cup almonds	2 teaspoons sea salt (important, don't omit)
1 medium tomato	

Add all ingredients to food processor. Process well, until quite well blended but still chunky. 40 seconds or so.

Spread onto two dehydrator sheets. Use parchment paper or Teflex sheets.

Dehydrate for 1 hour at 115. After one hour score the crackers with a knife so that they'll be easier to separate later. Dehydrate for another 6 hours at 105. After 6 hours flip crackers and remove parchment paper or Teflex sheets. Dehydrate for one more hour at 105 until dry and cracker-like!

Do not use a high-speed blender for this recipe. A food processor will work much better. If you don't have a [food processor](#) just go out and buy one at your local big box store. They can be purchased for \$50 or less. When purchasing raw food appliances, do not skimp on your blender. Get a [Vitamix](#) or a [Blendtec](#). But feel free to get a cheap food processor, because the quality between food processors is pretty negligible. I feel the same way about dehydrators. [Excalibur dehydrators](#) are the gold standard, but cheap knockoffs work fine, too. Do not use round dehydrators, because the air does not circulate properly and they are much more awkward to use. Basically, get an expensive blender and you can cheap out on everything else.

Dehydrating times can vary wildly depending on the season, the humidity and your dehydrator. The best thing to do is hang out at home and check on them every couple of hours until you get the hang of making crackers. Try not to nibble!

7. Raw “tuna” spread **food processor*

2 cups sunflower seeds (soaked for two to six hours)

1 tablespoon dulse (seaweed) (moisten dulse with the lemon juice or apple cider vinegar)

1 clove garlic

1 teaspoon lemon juice

1 teaspoon apple cider vinegar

1/2 teaspoon sea salt

Add in: Chopped celery, chopped onions, chopped parsley, chopped raw pickles, or chopped crisp apples

Soak the sunflower seeds in water for at least two hours. Then rinse the sunflower seeds well, and discard any excess water.

Add all ingredients to food processor, except the *add ins*. Process well. You may need to stop processing, scrape the sides a few times, and resume processing. Process until smooth.

Transfer processed ingredients into bowl. Add your preferred *add ins* for a tuna-salad-like experience.

Soaking the sunflower seeds is necessary in order to moisten them for processing. If the mixture seems dry when processing, add a bit more water, starting with one teaspoon at a time.

8. **Salty walnut nut pate** **food processor*

3 cups walnuts (soak for at least half an hour to soften – rinse and discard water)

¼ cup raw soy sauce (nama shoyu) (tamari)

½ cup onion

2 medium carrots

2 celery stalks

Pinch of salt

Soak the walnuts in water for at least half an hour. Then rinse the walnuts well, and discard any excess water.

Add all ingredients to food processor.

Process well. You may need to stop processing, scrape the sides a few times, and resume processing. Process until smooth.

Soaking the walnuts is necessary in order to moisten them for processing.

If the mixture seems dry when processing, add a bit more water, starting with one teaspoon at a time.

Serve this nut pate on cucumber “rounds:” slice an English cucumber into thick, round slices. Spread the salty walnut nut pate on the cucumber rounds, similar to eating crackers. Enjoy!

This recipe keeps in the refrigerator very well. It’s great to have on hand when you need to prepare a quick meal.

9. [Chocolate raspberry chia pudding](#) **high-speed blender*

½ cup cashews

1 cup water

¾ cup raspberries (fresh or frozen)

3 tablespoons honey or agave nectar

1 tablespoon raw cacao powder

2 vanilla beans (or 1 tablespoon of vanilla extract)

RESERVE: 4 tablespoons [chia seeds](#)

Add all ingredients to [high-speed blender](#), except the chia seeds. Blend until smooth.

Place the chia seeds in a large bowl. Slowly pour the blended mixture over the chia seeds, while stirring vigorously.

Stir for a long time, until the chia seeds are very well distributed and there are no clumps.

Cover and refrigerate for at least one hour.

Instead of raspberries, try strawberries, blueberries or blackberries for a change. [Chia seeds](#) will make or break this recipe, because they act like tapioca, and they will plump up while in the refrigerator. Do not make this recipe without the chia seeds.

10. [5-ingredient chocolate truffles](#) **food processor*

½ cup sesame seeds

½ cup pumpkin seeds

½ cup medjool dates (or other dates)

1/8 teaspoon sea salt

4 tablespoons raw cocoa powder

Process the sesame seeds and pumpkin seeds in the food processor. Process well, until the mixture becomes fine and crumbly.

Add the dates, sea salt and cocoa powder and process again until well mixed and everything has clumped together.

Roll the dough into small balls.

Eat right away or store in refrigerator.

Alternatively, you can use pretty much any nut or seed in place of the sesame and pumpkin seeds.

For a fancier look, try rolling your finished balls in unsweetened shredded coconut, crushed nuts, carob powder, cocoa powder, goji berries, or anything else you have on hand.

11. [Strawberry milkshake](#) **high-speed blender*

2 cups of frozen strawberries (still frozen please)

2 tablespoons chia seeds

2 cups water

3 tablespoons honey or agave nectar

Add all ingredients to [high-speed blender](#).

Blend until smooth.

Blend this for as short a duration as possible: just long enough to blend to a smooth consistency but turn off as soon as possible to avoid heating up the recipe.

Instead of frozen strawberries, try frozen raspberries, blueberries, blackberries, bananas or frozen mangoes for a change. Always use frozen fruit for this recipe.

[Chia seeds](#) will make or break this recipe, because they will thicken this recipe. Do not make this recipe without the chia seeds.

About Laura-Jane the Rawtarian

“Before I began my raw food journey, I was not comfortable in the kitchen. I had absolutely no confidence and no clue how to cook. I just made pasta and sandwiches and ate frozen pizza.

Learning how to prepare raw food is an empowering experience. I started very rigidly following raw recipes, like the ones in this package. But after just two months raw I was creating my own recipes. With a limited number of ingredients—fruits, vegetables, nuts, and seeds—I now understand how to combine food and flavors. I experiment so much more as a raw foodist than I ever did before.

I hope you enjoy these recipes, which are some of my favorite standby recipes that I make on a daily basis. Do you like them? Please let me know.

For more free recipes and useful tips, I encourage you to take 20 seconds right now to [sign up for the rawtarian newsletter](#), if you aren't already part of the community at www.therawtarian.com.”

Warmth,

Laura-Jane the Rawtarian

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